

The Carswell Field **FLYER**

January/February 2014 Vol 7 | Issue 1

Texas Air National Guard Fort Worth, Texas



TXMF 2014 Best Warrior

**136 AW Airman deemed
best warrior**



136 CES goes for LEED Platinum
Commander's Inspection Program
Marijuana is still illegal in the military

Stories in this issue...read on.

Commander's Comments

Welcome to February UTA



Col. John J. Conoley III
136 AW Commander

Welcome to February drill! I trust everyone has survived this year's very cold and icy winter.

As you are aware, we have our Unit Effectiveness Inspection – Capstone Event approaching in June. In anticipation of the UEI, the AMC Inspector General's office has sent us a link to a survey that has to be completed by April 21, 2014. The survey is voluntary, but max participation is desired. The link is <https://www.surveymonkey.com/s/136AW2013>. Please set aside some time to accomplish the survey—it only takes about 20 minutes. Answer honestly—all answers are protected through IG channels of communication and are submitted anonymously.

We have a couple of events coming up over the next few months. This month, we will be conducting a short Anti-Terrorism Force Protection exercise—hopefully everyone is up to speed on their Active Shooter procedures. In March, we have the NGAT conference, which unfortunately is during our March UTA. However, I still encourage participation for those who wish to attend. In most cases,

commanders will excuse members from drill in order to attend NGAT in Houston. Finally in April, we will conduct a Position the Force exercise with a DOMOPS theme. Please plan accordingly.

I'd like to say a few words about fitness. As you know, Spring will be here next month. What a great time for us to get out the ole running shoes and take advantage of the milder temperatures. Fitness plays an important part in our overall well-being. Not only is it our military obligation to stay fit, but it also comes with extra benefits. Regular physical activity fights heart disease, improves your mood, boosts your energy, promotes better sleep, controls weight, and can even be fun. What's not to like about exercise? If you are not already doing so, find an activity you enjoy and have fun!

Have a great drill!



U.S. Air Force Staff Sgt. Walter Hudson, 136th Force Support Squadron, Texas Air National Guard, a services specialist, demonstrates the donning of the gas mask within nine seconds during the "Best Warrior" competition at Camp Swift, Texas, Feb. 7, 2014. The competition promotes camaraderie and jointness among the Texas Military Forces. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert/released)

The Carswell Field
FLYER
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The "CARSWELL FIELD FLYER" is a bi-monthly, electronic publication provided by the 136th Airlift Wing to assist members in the preparation for the UTA and dissemination of pertinent information and news. Articles may be submitted for inclusion in the "FLYER" by e-mailing them to 136AW.PA@ang.af.mil (Please use "Flyer" as the first word in the subject of the e-mail). You may also contact Capt. James Wallace at 817-852-3305. The Commander makes final decisions for inclusion of submitted material. The information contained in this publication is not Official Policy of the Texas Air National Guard, the National Guard Bureau or the United States Air Force.

**AIR NATIONAL
GUARD**

Cover Photo by
Airman Cody Witsaman
136th Airlift Wing/Public Affairs



TXMF 2014 Best Warrior competition held at Camp Swift, Texas, a training ground for guardsman turned into a battleground to determine the best of the best warrior, Feb. 6-9, 2014. The 136th Airlift Wing had two contenders, Staff Sgt. Walter Hudson, 136th Force Support Squadron, Services Flight and Senior Airman Kevin Hannah, 136th Maintenance Squadron, Propulsion Shop. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert and Airman Cody Witsaman/released)

TXMF 2014 **Best Warrior**

Story by Airman Cody Witsaman
136th Airlift Wing Public Affairs

BASTROP, Texas - U.S. Army Camp Swift, held the second-annual joint Texas Military Forces Best Warrior Competition, Feb. 6 – 9, 2014, with 27 servicemembers from the Army and Air National Guard participating. The event consisted of an extremely competitive joint environment, focusing on combat objectives and obstacles; allowing both the Army and Air Force to work together and compete.

The competition consisted of mul-

tle events testing military knowledge and physical expertise. Day one consisted of an essay and a service-dress inspection before a panel of judges. Day two included challenges such as land navigation, shooting targets at multiple distances, weapons tactics, a six-mile ruck march and an extensive obstacle course. The competition tested each competitors' ability to go above and beyond their physical and mental limitations.

The winners of the competition for the Air National Guard were: Junior Enlisted - Senior Airman Mark Hannah, 136th Maintenance Squadron, 136th Airlift Wing; NCO - Tech. Sgt. David Escamillia, 149th Security Forces Squadron, 149th Fighter Wing. These competitors will not compete in the regionals and will stay in -state only.

The winners of the competition for the Army National Guard were: Ju-

WARRIOR continued on page 5

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Identify the deficiency

Then correct the problem

Editorial by Col. George W. Holt
136th Airlift Wing Vice commander

OK, So now we have crossed from unfamiliarity with the new Air Force Inspection System (AFIS) to embracing a new culture. I hope you have made MICT your friend and have a daily habit of QCing and updating your programs. I know we have had a few rough edges to work out and that is exactly the point of the new AFIS. I know the program is a bit cumbersome and requires a little more attention and time than we want to spend, BUT the dividends are already paying off.

Because of our refocused culture of compliance, we have learned some key points that are making YOUR Wing better. We have solved some problems that we didn't even know were problems. I see a steady stream of deficiencies and former deficiencies. Nothing is more satisfying than watching a checklist turn green and knowing the effort it took to make those changes. We have already suffered thru the growing pains, so let's enjoy the benefits.

As we continue developing the Commander's Inspection Program (CCIP) we will be integrating exercises, inspections, SAVs, MICT and compliance into some key metrics to give our Wing a grade. Lt. Col. Morris and the IG team are working to make a live reporting Dashboard for the Commander to see the state of the Wing. Everything from IMR stats, to TFAT and AFSC Training, to recruiting and retention are going to be key indicators for Col. Conoley to monitor the health and readiness of the

Wing. The CC's focus has been on creating a sustainable dashboard that truly gives an accurate representation of where we need to improve and areas we are knocking it out of the park. Most importantly, the direction is to have minimal additional reporting or documentation from the units around the wing. We are doing our best to pull data instead of squadrons having to create and push data. Keep your fingers crossed; its coming soon!

It is apparent to all the Division Chiefs that you care and are striving to improve the Wing. Please let your pride shine, and don't be embarrassed about deficiencies, just have a plan to correct them and get your Commanders buy-in. Calling a foul a foul, will only help us correct issues. The worst thing any of us can do is say we are compliant and not be. I joked with the IG team that we should start a

“We have a lot of room for improvement; so don't hesitate to make a difference.”

program made famous by former First Lady Nancy Reagan. So don't be surprised if you start seeing the tag line “Just say no”. Also, if you have an answer to a question that starts with “Yes, BUT”, then that answer is really a NO.



Col. George W. Holt
136 AW Vice-Commander

“yes, but= NO”

I look forward to watching your deficiencies decrease as our programs improve. We have a lot of room for improvement; so don't hesitate to make a difference. Please prioritize getting deficiencies corrected. Unlike above where the worst thing is saying you are compliant when you aren't; the Best thing you can do is “identify a deficiency and then correct the problem”. That's the kind of improvement we need!

As always feel free to ask for help. Lt. Col. Morris, Major Ewings, Senior Master Sgt. McKinney, and Staff Sgt. Martinez are willing and eager to help. Feel free to thank them for the effort they are putting in on your behalf.

Have a great drill.

Senior Leaders from the Texas Military Forces along with National Guard Bureau Senior Enlisted Leader, U.S. Air Force Command Chief Master Sgt. Mitchell Brush, Hon. Paul Pape, Bastrop County Judge and Legislative representatives from Texas pose for the proclamation of "Best Warrior" day at Bastrop County, Feb. 8, 2014. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)



nior Enlisted - Specialist Samuel Ellison, Intel and Sustain Company, HHB 36ID and NCO - SGT Mark Adame, 162 ASMC, 36th Sustainment Brigade. They will continue on to the regional competition representing the Texas Army National Guard.

"The competition means a lot to each member involved, because of its uniqueness and how competitors don't normally get the chance to test [their] abilities against other branches of service," said U.S. Air Force Staff Sgt. Andre Muckelroy, 147th Security Forces, Texas Air National Guard.

"We have this competition to see who is the best of the best at this field, but it doesn't stop here," said National Guard Bureau Senior Enlisted Leader, U.S. Air Force Command Chief Master Sgt. Mitchell Brush. "You got to take this back to your units and organizations and let them understand how valuable this training is."

Competitors seemed to be enjoying every obstacle the competition threw at them, no matter how physically de-

manding it may have been. Everyone was looking to show their individual skill and show excellence in all that they do.

Feb. 8, 2014 was also designated as "Best Warrior" day for Bastrop County. On hand to award the proclamation was Hon. Paul Pape, Bastrop County Judge. "If everybody gets a ribbon for just showing up, then no one improves, there is reason to improve," said Pape. "When you have a competition that says who can do something the best, then that promotes excellence."

Along with the competitors, there were support staff, sponsors and cadres who made sure everything ran safely, and at the same time, keeping the integrity of the competition. Cadre and sponsors encouraged the service members to perform to the best of their ability.

"I wanted to come out to help the competitors. Hopefully I had some wisdom I could pass on, to give them that little bit of edge that might help them out in the competition," said

U.S. Air Force Tech. Sgt. Garret Storm, 136th Security Forces, Texas Air National Guard.

What really stood out was the level of camaraderie with everyone involved. This was extremely apparent with even the spectators as they cheered the competitors on.

Among the VIP spectators present was Texas State Sen. (D) Leticia Van de Putte, District 26, Chair of the Veteran Affairs and Military Installations Committee. "Even though it is a competition [between Army and Air Force], each of the folks here is cheering for every competitor; that's what

we do, we help each other, and that's the spirit," said Van de Putte. "It's one unit, one military."

Soldiers and Airmen alike built relationships throughout the weekend. "What it does is get the Army and Air to know each other and start talking with each other, saying, 'What do you do on the Air side?' or, 'what do you do on the Army side?'," said U.S. Army Command Sgt. Major Bradley Brandt, senior enlisted leader for the Texas Military Forces. "That is my goal, to get these guys together and start knowing each other. We are going to start working together anyways, when we go to combat, everyone works together as a joint unit."

All in all, the sense of camaraderie alone provides enough satisfaction for each participant and spectator to continue this yearly tradition. All competitors will be back in April for a formal banquet recognizing the winners as the best warriors in the Texas Military Forces.

2014 BEST **WARRIOR**

Photos by Senior Master Sgt. Elizabeth Gilbert and Airman Cody Witsaman, 136th Airlift Wing Public Affairs



136th Airlift
Ft. Worth, TX Wing

Marijuana is still **illegal** in the military

by Tech. Sgt. Estelle Hoffman
136th Airlift Wing/Staff Judge Advocate Office

The legalization of marijuana use for individuals over the age of 21 in Colorado and Washington has sparked vast controversy amongst popular culture and media. It seems that this legalization has changed our culture's opinion on whether or not the drug poses as much risk spoke of by law and medical officials. Long running campaigns to legalize marijuana has led to a false conclusion that marijuana is harmless and does not pose health risks. James M. Cole, deputy attorney general, released guidance on the subject that stated, "Although state law has allowed for legal use of marijuana in small amounts, marijuana is still considered a dangerous drug and enforcement under the Controlled Substances Act (CSA) will still be in effect."

The Office of National Drug Control Policy opposes the legalization out of fear that it could possibly weigh even more heavily on efforts to end drug abuse amongst young people and adults, as well as addiction, and possibly even lead to

heavier use of other illegal drugs. Although many may have the opinion that marijuana is a harmless drug, it is feared that the legalization may cause a downward spiral on the war against illegal drugs as a whole.

"Although state law has allowed for legal use of marijuana in small amounts, marijuana is still considered a dangerous drug and enforcement under the Controlled Substances Act (CSA) will still be in effect."

Also criminal enterprises, gangs and drug cartels could possibly benefit significantly from the illegal sales of marijuana.

Use of marijuana violates the Uniform Code of Military Justice whether service members serve or are visiting in a state authorizing the use of the drug. Whether civilian or military, illegal drug use is prohibited on any military installation and

violators will fall under military jurisdiction. 1st Lt. David Bruton of the 460th Security Forces Squadron at Buckley Air Force Base, Colo. advises military members visiting states where marijuana is legalized to remain cognizant of their surroundings. For example, if you're in a home or establishment that allows recreational use of the drug, ask whether or not marijuana is baked into any of the foods. Consumption of drugs by a military member in this fashion could still threaten one's military career according to Bruton.

We need to remember that the Air Force as well as The Texas Air National Guard still continues to have a zero tolerance policy concerning abuse of both prescription and illegal drugs such as marijuana, whether on or off base. Colorado and Washington's legalization of marijuana has no effect on the Drug Demand Reduction program, and random drug testing in the Air Force continues in an effort to eliminate illegal drug use altogether amongst our Airmen in an effort to keep our force drug free and mission ready.

You are **liable** for what you post on Social **media** sites...

by Senior Master Sgt. Elizabeth Gilbert
136th Airlift Wing Public Affairs

A reminder for ALL to be cognizant of what you are posting on your social media sites (Facebook, Flickr, Instagram ...), especially photos in uniform; that they are in good taste and do not degrade the military or servicemember.

Social media is still very much in its

infant stages, but has grown to be a very powerful tool for us to distribute information and our Airmen to voice opinions. If our Airmen's personal pages reference the unit/ANG/AF/DOD they can be held responsible for what they post.

Referencing the Wisconsin Army National Guard Soldiers and the re-

cent POW/MIA Airman photos: <http://www.usatoday.com/story/news/nation/2014/02/18/national-guard-coffin-photo/5579065>; when in uniform or military affiliation is tied to an opinion or poor imagery, the Airman is in violation of our core values, AFI 1-1 and AFI 35-101 and will be held liable for their posting.

Around the **Wing**



Retirement
**Senior Master Sgt.
Darryl Shelly**

When: Jan. 16, 2014
181st Airlift Squadron
Flight Engineer



Retirement
**Master Sgt.
Laurel Rose**

When: Dec. 14, 2013
136th Civil Engineers Squadron
Engineer's Assistant



Retirement
**Lt. Col.
Keil Hubert**

When: Dec. 14, 2013
136th Airlift Wing

If you have an announcement please submit to
136AW.PA@ang.af.mil

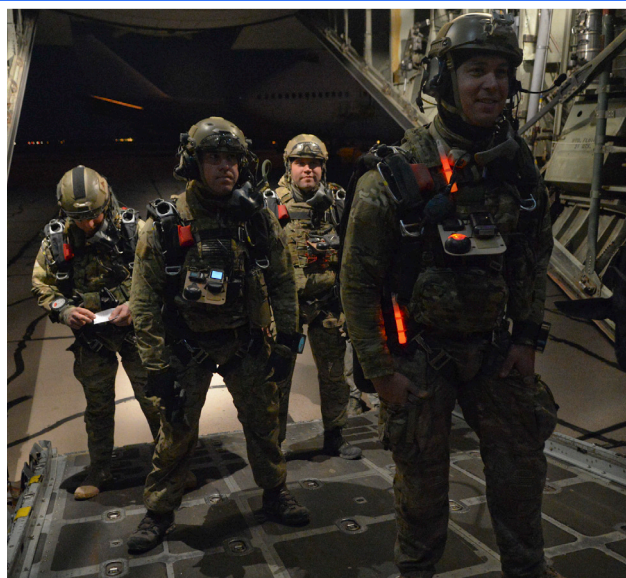
THE HAPPENING

The first Wing tour of the year here happened on Jan 22, with a visit from AFROTC Det. 845 at TCU. We also hosted the Senior Leaders Conference, Jan. 21, with leaders from the Texas Air National Guard. The finis flight for Senior Master Sgt. Darryl Shelly, 181st Airlift Squadron, proved to be very cold and wet; he was doused with cold water and champagne as a long standing tradition to signify his last day at the unit, Jan. 16. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert)



The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they show up to do what they do best, they represent the Texas Air National Guard with pride. (National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton and Airman Cody Witsaman)



IG talk

Commentary by Lt. Col. Scott Morris
136th Airlift Wing/Inspector General's Office

Over the last few months, the 136 AW/CC has implemented his Commander's Inspection Program (CCIP) based upon SECAF and SAF/IG regulatory guidance.

The previous inspection system that most of us have known for many, many years has drastically changed and we now have a new way of doing business. Before the change, we would spend many exhausting hours, days, weeks and months "preparing" for a higher head-quarter's visit. That culture is no more. Instead the

new inspection system places responsibility back on the commander and members to validate a Wing's mission readiness.

Today, the Air Force focus is on Wings inspecting themselves on a continual basis. Yes, this may seem busy at first glance but spread over a 48 to 60 month schedule, we are simply validating our daily mission readiness. We can now truly focus on improving our mission capability, readiness and processes through our own subject matter experts across the Wing.

There are two parts to our Wing's inspection process.

"Today, the Air Force focus is on Wings inspecting themselves on a continual basis."



First is the CCIP as mentioned above and it includes exercises, Bylaw inspections, program inspections (UDM, UTM, etc.) and unit inspections (Gp,Sq,Flt).

The second part is our Self-Assessment Program using MICT. Both avenues strive to improve our unit. Since last September, your IG team and Wing Inspection Team have performed several different inspections across the Wing and are impressed with the quality and dedication of our members. Would you believe we have accomplished seven inspections since September! We have, and they have had minimal or no impact on our daily activities. That is awesome! And, the important bonus is that many findings from our inspections and our MICT checklists have already begun providing positive change to our unit. Keep this effort high and maintain focus on our continuous improvement.

As we continue forward in our CCIP, you will see our IG members and Wing Inspection Team members off and on throughout the Wing doing their part as you do yours. Don't be alarmed, their purpose is to improve the Wing for all of us with your efforts. Help them out by providing honest feedback and detailed answers to your programs and processes. The improvement of our Wing relies on all of us.

The Wing Inspection Team (WIT) training was established to train newly inducted inspectors for the Commander's Inspection program. The focus today is on the Wings inspecting themselves on a continual basis.



Online Air Force **library** provides Airmen **education, entertainment** resources

by Staff Sgt. Ian Hoachlander
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Need assistance working on a class project, learning a new language or fixing an engine? Look no further than the online Air Force library, where Air Force library staff work to meet customers' needs.

The online Air Force library offers resources such as electronic books, audio books, digital magazines, music, movies and much more.

"These resources are available to total force Airmen, civilians, retirees and family members," said Marjorie Buchanan, Air Force Personnel Center libraries branch chief. "Offering these materials online helps nurture ongoing self improvement and can contribute to academic success."

To access the online Air Force library click on the library tab on the Air Force Portal's navigation bar. Programs include OverDrive, Zinio Digital Magazines, MyiLibrary eBooks, Safari Books Online, OneClickDigital, CultureGrams, MorningStar, Peterson's Education Resource Center, Transparent Language Online, Universal Class and more.

Programs like OverDrive and Zinio Digital Magazines provide users a way to borrow reading material just like a library.

OverDrive provides users 24-hour-a-day access to an online collection of electronic books, audio books, videos and music. Following the creation of an account, users are just a click away from borrowing a title which suits their interest. Members and dependents who do not have a ".mil" email address must visit their nearest Air Force joint base or Air Force base library for account access.

"OverDrive is very similar to an Air Force base library online catalog," explained Buchanan. "Once a customer sets up an account, they have a variety of resources available. The OverDrive digital library includes downloadable audio books, eBooks, music and videos. These titles are used on a variety of devices including computers, iPods, eBook readers, MP3 players and more. The collection includes fiction, nonfiction, and young adult titles. Additionally, Air Force users can customize their checkout time to fit their needs with maximum 14-day checkouts on most titles. OverDrive also provides a free OverDrive application allowing users to access the Air Force collection on the go."

Zinio Digital Magazines has more than 650 popular news and special interest digital magazines online available to download to a personal computer, app-enabled tablet or smartphone. Items can be downloaded and read offline.

"The Air Force Library Program databases, Zinio and OverDrive, are vital to the military community by providing a central location where Air Force members can access titles regardless of where they are stationed or the time of day," said Buchanan. "The Air Force Library OverDrive collections are tailored to the Air Force community providing the current and past chief of staff reading lists and several self-help topics while offering current bestsellers recommended by the New York Times and Wall Street Journal for personal enhancement."

The online Air Force library also offers a wealth of knowledge through education, special interest and news programs.

"Programs like Universal Class Program offer more than 540 online courses in 30 different subject areas," Buchanan explained. "Other offerings include Encyclopedia Britannica – Academic Edition online for research, auto repair references for those who like to do repairs on their own, and even a database to inform the reader about detailed cultural information on more than 200 countries."

To register and access these online programs, go to the Air Force Portal and click on the word "Library" in the navigation bar, or visit your installation library.

For more information about Air Force libraries and other quality of life programs, go to www.usafservices.com or www.myairstorcelife.com. For information about other personnel issues, visit <https://mypers.af.mil>.



Master Sgt. Charles Hatton reviews previous Airman Magazines, which now can only be accessed through the internet as a digital magazine.

Force protection **condition** FPCON

Commentary by Major Steven Taylor
136th Security Forces Squadron/Antiterrorism Officer

As Airmen of the Texas Air National Guard, it is important for us to be familiar with Force Protection Conditions (FPCON) to do our military job well during a UTA weekend or in a deployed location. As citizens of the great State of Texas and these United States of America, it is equally important that we understand the parallel Homeland Security Advisory System (HSAS) used to convey the terrorism threat level to the American people. Although HSAS and FPCONs may change at the same time, there is no direct correlation between the two systems.

I have included information from the Anti-Terrorism Self Help Guide which explains some of the similarities and differences between the FPCON system and the HSAS system to help you become familiar with both.

Force Protection Conditions

The Force Protection Conditions (FPCON) system describes the progressive level of protective measures implemented by DOD installations or units in response to terrorist threats. There are five FPCON levels. Each level has separate supporting measures that incrementally raise preparedness and protection capabilities. Below is a general description of the circumstances surrounding each FPCON.

DOD Force Protection Conditions (FPCON) Force Protection Condition DELTA

- Terrorist attack has occurred, or intelligence indicates terrorist action against a specific location or person is imminent
- Delta measures cannot be sustained indefinitely

Force Protection Condition CHARLIE

- An incident occurs or intelligence indicates terrorist action or targeting against personnel or facilities is likely

Force Protection Condition BRAVO

- An increased or more predictable threat of terrorist activity exists

Force Protection Condition ALPHA

- An increased general threat of possible terrorist activity against personnel and facilities, the nature and extent of which are unpredictable

Force Protection Condition NORMAL

- Global threat Lowest of possible terrorist activity

Homeland Security Advisory System:

The Homeland Security Advisory System (HSAS) is a similar, but separate system run by the U.S. Department of Homeland Security for alerting communities across the United States to threat level changes. Although HSAS and FPCONs may change at the same time, there is no direct correlation

between the two systems.

HIGH: ANTI-US TERRORIST GROUP IS OPERATIONALLY ACTIVE...OPERATING ENVIRONMENT FAVORS TERRORIST

SIGNIFICANT: ANTI-US TERRORIST GROUP OPERATIONALLY ACTIVE...OPERATING

MODERATE: TERRORIST GROUPS PRESENT, NO INDICATION OF ANTI-US ACTIVITY

LOW: NO TERRORIST GROUP DETECTED OR NON-THREATENING

As members of our military, we all realize we may be called upon at any time to answer our nations call by deploying to just about anywhere in the world. Your family members can potentially play a vital role in your success. With that in mind I have also included some OPSEC tips for family members to assist you in educating your family on the importance of OPSEC.

Operational Security Guidance for Family Members

As we all know family members of the military community, are vital players in our success, and we could not do our job without their support. You can help them protect you by stressing to them the importance of protecting the information that they know. Helping them understand what critical information is and teaching them to identify the methods adversaries use to collect information is vital to the success of the Operations Security (OPSEC) program. These tips will help you explain OPSEC and what they can do to help protect you!

What is OPSEC? Officially, OPSEC is a process for identifying critical information and subsequently analyzing friendly actions related to military operations and other activities to identify those actions that can be detected by adversaries or used by adversaries to discover friendly actions. In short, OPSEC is keeping potential enemies from discovering critical DOD information, such as when units are mobilizing, where they are traveling, or what processes are involved. As the name suggests, it protects U.S. operations -- planned, in-progress, and completed. Success depends on secrecy and surprise, so the military can accomplish the mission more quickly and with less risk. Potential adversaries and even friendly nations want this information. They will not only pursue military members for the data, but they may also look to you, the family member.

What Can Your Family Member Do? There are many countries and organizations that would like to harm Americans and degrade U.S. influence in

the world. It is possible and not unprecedented for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is true in the United States and especially true overseas! What can they do?

#1- Be Alert- Foreign governments and organizations can collect significant amounts of useful information by using spies. A foreign agent may use a variety of approaches to befriend someone and get sensitive information.

This sensitive information can be critical to the success of a terrorist or spy and, consequently, deadly to Americans.

Their methods have become very sophisticated. The Internet has become the preferred method of gathering information.

Remind your family members that they may unwittingly provide all the necessary information to compromise your military mission.

#2- Be Careful- Explain to your family that there may be times when you cannot talk about the specifics of your job. It is very important to conceal and protect certain information such as flight schedules, ship movements, temporary duty locations, and installation activities, just to name a few. Remind them that something as simple as a phone discussion concerning where you are going on temporary duty or deploying to can be very useful to U.S. adversaries.

#3- Protect Critical Information. Even though this information may not be classified, it is what the Department of Defense calls "critical information." Critical information deals with specific facts about military intentions, capabilities, operations, or activities. If an adversary knew this detailed information, U.S. mission accomplishment and personnel safety could be jeopardized. It must be protected to ensure an adversary does not gain a significant advantage. By being a member of the military family, they will often know some bits of critical information. Stress to them the importance of not discussing these things outside of your immediate family and especially not over the telephone or through e-mails.

Major Steven Taylor
136 AW Anti-Terrorism Officer
136 AW Trafficking in Persons
Coordinator
COMM: 817-852-3478
BB: 817-658-6132
DoD PD LE Desk: 817-782-52



The Spartan Beast, a 12-mile obstacle course filled with numerous gutt busting exercises that test everyone's stamina, endurance and sheer will to finish the race. 20 members from the 136th Airlift Wing participated in the 2012 race.

Commentary by Airman 1st Class Frank Morris
136th Civil Engineers Squadron/ Pavement and Equipment Operator

It appears the most popular New Year's Resolution for fitness is centered on losing a couple of inches around the old mid-sections. There are four keys to controlling belly fat and getting your beach body back: exercise, diet, sleep, and stress management.

Exercise: Vigorous exercise cuts both subcutaneous (belly fat) and visceral fat (fat around organs). It can also slow down the build-up of visceral fat that tends to happen over the years. Forget about spot-reducing, sit ups, or crunches. There aren't any special exercises you can do that specifically target visceral fat. 30 Minutes of vigorous exercise, done four times a week is ideal.

Jog, if you're already fit, or walk briskly at an incline on a treadmill if you're not yet ready for jogging. Vigorous workouts on stationary bikes and elliptical or rowing machines are also effective.

Diet: There is no magic diet for belly fat. However, typically when you lose weight on any diet, belly fat is usually the first to go. Increase your water intake and eat 5-6 small meals throughout the day. If you do eat large meals, reserve them for breakfast or early lunch, NOT dinner. Cut down on sugar, complex carbs, and alcohol (which when ingested creates sugar and sugar makes fat.)

Sleep: Getting the right amount of shut eye helps. In one study, people who got six to seven hours of sleep per night gained less visceral fat over 5 years compared to those who slept five or fewer hours per night or eight or more hours per night.

Stress: It's unavoidable, but what you do with your stress matters. It may serve as a convenient way to get out of arguments with spouses and loved ones. Tell them that you don't want to argue, because you are trying to lose weight!

The 136th Airlift Wing is on Facebook!!

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136 AW Airmen in action. Stay tuned for inclement weather base closure information—now on Facebook.

<http://www.facebook/136AW>

Wing Safety Snip-Its

Motorcycle Safety

by Senior Master Sgt. Donald Seymore
136 AW Wing Safety Office

Here are the rules of engagement for riding motorcycles. You must, and I say again, **YOU MUST** successfully complete the Motorcycle Safety Foundation (MSF) Basic Rider Course before operating a motorcycle on base. Regardless of state laws or whether you register your motorcycle on the installation or not, you must be properly trained, licensed, and wear the PPE prescribed in DODI 6055.04 every time, every ride. This applies to riding off base, as well as on base.

Helmets

Helmets shall be certified to meet Federal Motor Vehicle Safety Standard No. 218 or Snell Standard M2005. All helmets shall be properly fastened under the chin.

Eye Protection

Eye protection must be worn that is designed to meet or exceed American National Standards Institute (ANSI) Standard Z87.1-2003 (Reference (aa)). A windshield or fairing does not constitute eye protection.

Foot Protection

Foot protection includes sturdy over-the-ankle footwear that affords protection for the feet and ankles.

Protective Clothing

Protective clothing includes long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens made from leather or other abrasion-resistant material. Motorcycle jackets and pants constructed of abrasion-resistant materials and containing impact-absorbing padding or CE armor are strongly encouraged. Riders are encouraged to select PPE that incorporates fluorescent colors and retro-reflective material.

All 136th members who currently ride are required to self-identify to their appointed Motorcycle Safety Representative (MSR) to ensure the required basic and advanced training is being accomplished and documented (training is offered at no cost to the member). To find

your MSR and other motorcycle training information please visit the 136th Motorcycle Safety SharePoint page located at: <https://eis.ang.af.mil/org/136AW/WingStaff/SE/GroundSafety/SitePages/Motorcycle%20Safety.aspx>, or listed here:

MSR:

MSG - Chief Master Sgt. Del Atkinson

OG - Chief Master Sgt. Gregory Ellerman

MXG - Senior Master Sgt. Thomas Criger

AW - Senior Master Sgt. Donald Seymore

136 AW Safety Staff

- Chief of Safety—Lt. Col. James Freeman 852-3208
- Ground Safety Manager—MSGT Donald Seymore 852-3209
- Safety Technician—MSGT Charles Migot
- Safety Technician—SSGT Brandon Galusha

Questions, Comments, Concerns?
Contact the 136th Safety Office at
817-852-3210.





State tuition reimbursement workshop program

Spring 2014: Applications accepted
January 01 thru February 28, 2014.

For more information and to download application, visit:
www.txarng.com/strp

BETM Texas Air National Guard contact information:

136th: 136aw.betm@ang.af.mil

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3N0X5 - (2) PHOTOJOURNALIST**

Officer Billets please visit www.agd.state.tx.us or Texas Military Forces for officer vacancies.